mio® TRIUMPH

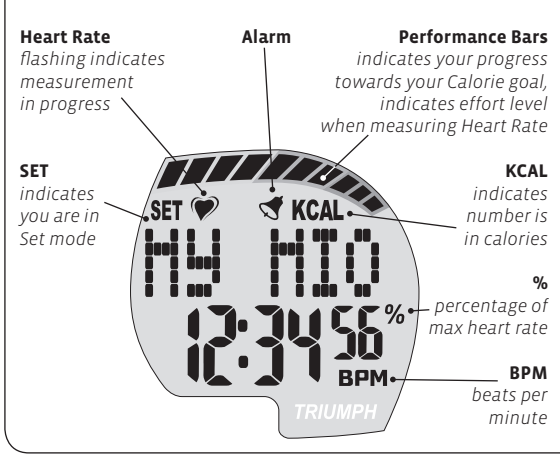
User Guide

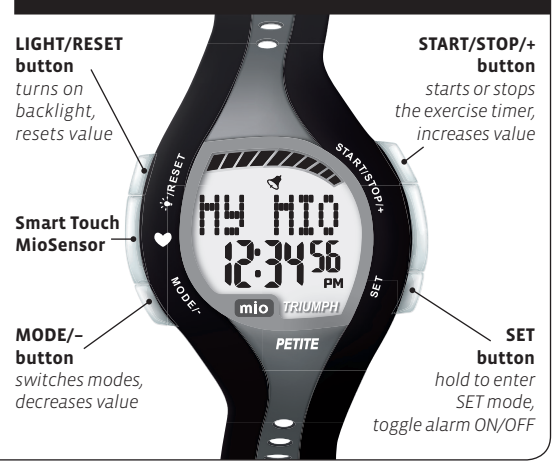
- **ECG accurate heart rate without a chest strap**
- **patented calorie management system**
- **personalized percent of maximum heart rate display**
- **3500 calorie countdown mode**

User's guide and how-to videos available at www.mioglobal.com

A. MIO TRIUMPH AT-A-GLANCE

To use light: Press the LIGHT button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.





B. MODES OF OPERATION

Press MODE to move to the next mode.

TIME & DATE
- Display time, date, weekday and your name or initials

ALARM
- Set daily alarm

NET CALORIES IN
- Display Net Calorie intake
- Enter Calorie intake

EXERCISE TIMER
- Exercise Timer for workouts and other activities, 5 timer modes including Walk/Run timer

HEART RATE RECOVERY
- Measure your Heart Rate Recovery—a good indicator of fitness level

RESTING HEART RATE
- Measure and display your Resting Heart Rate

MY MIO
- Set your personal data and weight management goal

C. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR

1. Place a finger on the Smart Touch sensor. Place another finger on the opposite side for support (optional).

2. Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon will flash.

3. Wait for Heart Rate readout (3–8 seconds). MIO will beep when the reading is ready. Your heart rate will remain displayed for 5 seconds after you release the sensor button.

You can take your HEART RATE from any mode (except SET modes).

- With MIO Smart Touch Technology, obtaining your on-demand heart rate by touch has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the stainless steel ring. Experiment to find your own preference.
- A one-time read out of your Heart Rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%).
- MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- For continuous reading, keep pressing the sensor.
- For best accuracy, left and right hands should not be in contact during the test.

The display returns to the previous mode 5 seconds after you remove your finger from the Smart Touch sensor.

TROUBLESHOOTING POINTERS

If you don't get your heart rate within 10 seconds, moisten finger pads and try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on the sensor.

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to relax your watch arm.

If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section L).

To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a clean, soft cloth.

D. QUICK TIPS

SHORTCUTS

- To return to TIME from any mode, hold MODE for 2 seconds
- To go directly to EXERCISE TIMER from any mode press the START button
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds

SET MODES

Whatever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 sec); value will flash
2. Press + or – to adjust; to scroll automatically, hold + or –
3. When value is adjusted, press SET again
4. Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the set mode.

E. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

To prevent triggering the Smart Touch Heart Rate feature from accidental readings due to contact with water or some clothing materials use the Heart Rate Lock feature. Because water is a conductor, it will activate the HR function.

To protect the battery's life while swimming or showering (although wearing in the shower/bath/sauna is not recommended) always use MIO's Heart Rate Lock.

- To turn the HR Lock on: in any MODE press and hold START/STOP for 2 seconds. The HR lock icon will display.
- To turn HR Lock off: first dry the watch by towel, then repeat the step above.

F. WAKING UP YOUR MIO

Your MIO may be in sleep mode (with a blank display) when you first receive it.

- Hold START until you see blinking 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
  - Press + or – to toggle the format.
  - 12H = 12 Hour clock (AM/PM) & MM/DD date format
  - 24H = 24 Hour color & DD/MM date format

Press SET to move to next setting.

- Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press SET to finish START UP.

G. SET TIME & DATE

Display shows Time, cycling through NAME, DATE, and WEEKDAY automatically. To change TIME and DATE:

- Hold SET until beep (2 seconds). 12H or 24H blinks.
- Press + or – to toggle the TIME & DATE format.
  - 12H = 12 Hour clock (AM/PM) & MM/DD date format
  - 24H = 24 Hour clock & DD/MM date format
- Press SET to set HOUR.
- Press + or – to select HOUR. To scroll quickly, hold + or –. Press SET.
- Do the same to select MIN.
- To reset seconds to zero press + or –. Otherwise press SET to move to next setting.
- Use + or – then SET to adjust YEAR, MONTH, DAY.
- To stop making changes at any time, hold SET for 2 seconds.

H. SET MY MIO

MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section M on how to calculate your CALORIE TARGET and ACTIVITY LEVEL.

- Press MODE 6 times to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds).
- The first letter of NAME will blink. Use + or – to adjust. To scroll quickly, hold + or –. Press SET to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR, MAX HR, SCROLL, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL.
  - The Triumph will calculate your MAX HR based on your personal details. If you wish to override this and input your MAX HR use the + or – buttons.
  - Turn the SCROLL on or off. When the Scroll is on, the main screen will automatically toggle between NAME, DATE, WEEKDAY.
  - For ACTIVITY LEVEL, ACT LO or MI or HI will display. Please refer to section M for the definition of each level.
  - For WEEKLY GAIN/LOSS GOAL, LB/WK or KG/WK will display. Use + or – to adjust your weekly weight gain (+) or loss (–) goal. Then press SET.

  For example, if your goal is to lose one pound per week, set the value to –1.0. To lose weight use a negative number; to gain weight use a positive number.

  Please note that it is not recommended to have weight change for more than 2 lb or 0.9kg per week, so the maximum gain/loss is limited to 2 lb or 0.9kg per week.
- To stop making changes at any time hold SET until beep (2 seconds). Your MIO will go directly to Daily Net Calorie TARGET.
- MIO will calculate your Daily Net Calorie TARGET based on your weight change goal and personal settings. The right-most digit of this TARGET will be flashing. To accept this calculated TARGET press SET 4 times to accept each digit of this target. If you would like to manually adjust this TARGET then use + or – and SET to adjust each digit. See Section M for more information on setting TARGET Daily Calories.

To return to TIME, press MODE.

I. SET ALARM

- Press MODE once to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON press the SET button.
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use +/– to adjust the HOUR, press SET, use +/– to adjust the MINUTE, then press SET. To scroll more quickly hold the + or –.
- Alarm icon will show if the ALARM is on.
- Hold MODE for 2 seconds to return to TIME mode.

J. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).

- Press MODE 5 times to go from TIME to RESTING HEART RATE. Your most recent RHR will display.
- Place two finger pads on the MioSensors as described in Section C. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 2 times.

K. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISR TIMER or press MODE 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO
(suitable for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR ↑. Press SET.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- To reset timer to zero and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP
(suitable for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR ↓. Press SET.

- Press + or – to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero.
- To reset timer to starting conditon and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND THEN COUNT UP
(suitable for jogging or running with warm-up timer)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR ↓↑. Press SET.
- Press + or – to adjust the HOURS of the warm-up timer. Press SET.
- Repeat for MINUTES and SECONDS.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the TIMER ↓ reaches zero and then count up automatically.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO USE THE WALK/RUN (DUAL INTERVAL) TIMER
(suitable for training)

See your MIOSENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TIMER ↓↓. Press SET.
- Press + or – to adjust the TIMER 1 (Run) HOURS. Press SET. Repeat for TIMER 1 MINUTES and SECONDS.
- Press + or – to adjust the TIMER 2 (Walk) HOURS. Press SET. Repeat for TIMER 2 MINUTES and SECONDS.
- Press + or – to adjust the number of cycles (repetitions). Press SET.
- To start the Walk/Run timer, press START and begin running.
- Timer will beep when the first interval countdown reaches zero.
- Walk until your MIO beeps when the second interval countdown reaches zero.
- Repeat until you have completed all your repetitions.
- To pause at any time, press STOP. Press START to resume.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND REPEAT
(suitable for training)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR REP. Press SET.
- Press + or – to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- Press + or – to adjust the number of cycles (repetitions). Press SET.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero, then repeat the countdown until you have completed all your repetitions.
- To stop the timer, press STOP.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO CLEAR CUMULATIVE CALORIES BURNED

- The timer must be stopped.
- Press SET several times in EXERCISE TIMER mode until you see the following screen and hold RESET until beep to clear. If you keep the cumulative calories your next workout calories will add to them.

TO CLEAR WORKOUT CALORIES BURNED AND RESET TIMER

- Hold RESET until beep at any screen other than the cumulative calories burned screen to reload your pevious timer setting and clear your previous workout calories burned.
- Or hold SET until beep to select the timer type and the duration for your exercise. Your previous workout calories burned will be cleared at the same time.

TO COUNT CALORIES BURNED

- Press START to begin your workout. The timer will begin counting.
- Record your heart rate now and at anytime during exercise, but particularly when you increase or decrease the intensity of your workout for a more accurate calorie expenditure (See section M). After you heart rate and percentage of maximum heart rate appear, the number of calories burned for your workout, then the cumulative calories burned, will appear. MIO automatically deducts calories burned from your Net Calories each time you record your heart rate.

Rating	*Heart Rate Difference*
Poor	‹ 12 bpm
Fair	12 – 30 bpm
Good	31 – 50 bpm
Superb	› 50 bpm

- To pause and view SUMMARY, press STOP. SUMMARY MODE will display TOTAL TIME, WORKOUT CALORIES and CUMULATIVE CALORIES. To resume, press START.
- To end session from RUNNING TIMER, press STOP once. Your MIO will show you the SUMMARY, alternately displaying your TOTAL TIME, WORKOUT CALORIES and CUMULATIVE CALORIES.

To return to TIME, hold MODE for 2 seconds.

L. **MEASURING HEART RATE RECOVERY**

HR Recovery is a test to determine your cardiovascular fitness. The test compares the heart rate (HIGH HR) measured right after exercise with the heart rate (LOW HR) measured one minute later. Normally, people with a strong cardiovascular system (like athletes) will have quicker heart rate recovery times.

TO CHECK YOUR HEART RATE RECOVERY (HR RECOVERY)

- Right after you have finished your exercise, press MODE 1 time to go from EXERCISE TIMER to HR RECOVERY. ♥ RCVRY, Rating (poor, fair good, superb) & Heart Rate Difference, HIGH HR and LOW HR will display alternately.
- Take your heart rate. Your HIGH HR displays.
- MIO then counts down 50 seconds and beeping every second at the last 10 seconds followed by a reminder beep when it is time to test your LOW HR.
- You should take your LOW HR as soon as you see the screen display PRESS ♥. Your MIO will abort the test if there is no LOW HR detected within 10 seconds.
- If LOW HR is higher than HIGH HR, an ERROR message will display.

To return to TIME, press MODE twice.

M. **WEIGHT MANAGEMENT MODES**

MIO uses your personal information (weight, gender, age, resting heart rate, activity level, etc.) and personal goals (e.g., Weekly Weight Change GOAL) to help you establish a TARGET Daily Calories and to calculate Calories consumed during workouts.

The NET CALORIES IN mode displays net calorie intake (Calorie Intake – Calories burned during workouts) and allows you to enter your Calorie intake. Calories burned during workouts are counted (based on your personal information and heart rate readings) using EXERCISE TIMER and are automatically subtracted from your NET CALORIES IN at the end of your workout. Your TARGET Daily Calories is set in MY MIO (refer to section H). As your weight changes update it in MY MIO (section H). If your Resting Heart Rate changes as you get in shape, update it (see section J).

The CALORIE BARS on the display indicate how your NET CALORIES IN compare to your TARGET Daily Calories:

- Each bar represents $^1/_{10}$ of your TARGET.
- All the bars will be full when you reach your TARGET.

TO ENTER CALORIES CONSUMED

- Press MODE twice to get from TIME to NET CALS IN.
- Hold SET until beep (2 seconds).
- Use + and – to adjust the units digit of your meal calories. Press SET.
- Repeat for the tens, hundreds and thousands of your meal calories.
- These calories will be added to your NET CALS IN.

Hold MODE for 2 seconds to return to TIME.

TO RESET NET CALS IN

At the start of each day you should reset your NET CALS IN to zero.

- Press MODE twice to get from TIME to NET CALS IN.
- Hold RESET until beep (2 sec). Your NET CALS IN clears to zero.

Hold MODE for 2 seconds to return to TIME.

Refer to section K to learn how to use EXERCISE TIMER to time your workouts, count calories burned, and have them automatically subtracted from your NET CALS IN.

MORE INFORMATION ON SETTING YOUR TARGET DAILY CALORIES

MIO automatically calculates a default TARGET DAILY CALORIES based on your personal information (weight, activity level) and Weekly Weight Change GOAL. You may choose to accept this default or to edit this TARGET based on your own calculations. Here is a standard method to calculate your TARGET:

1. RESTING METABOLIC RATE (RMR):
   Multiply your weight (in lbs) by 10 (or multiply your weight in kg by 22). *Example: 130 lbs x 10 = 1,300 RMR*
2. ACTIVITY LEVEL
   Determine from the table the regular activity you engage in at home & at work. Do not include exercise sessions.Multiply your RMR by % Activity Level. *Example: 1,300 RMR calories x 50% Activity Level = 650 Activity calories*

Lifestyle	*Description*	*Add % to RMR*
Sedentary (LO)	You sit most of the day at work and at home. You drive or ride in a car to get around.	20–40%
Moderately Active (MI)	You are more active at work and at home; you ride to work, use stairs, do housework.	40–60%
Very Active (HI)	You are very physically active at work and at home, performing strenuous physical labor such as construction work.	60–80%

3. DAILY CALORIE REQUIREMENT (DCR)
   Determine your DCR by adding your RMR calories & Activity calories. *Example: 1,300 RMR calories + 650 Activity calories = 1,950 DCR*
4. DAILY CALORIE TARGET
   TO MAINTAIN YOUR CURRENT WEIGHT:
   Your DCR is your Daily Calorie Target

   TO LOSE 1 LB PER WEEK: Deduct 500 calories from your DCR
   Example: 1,950 DCR – 500 calories = 1,450 Daily Calorie Target

   TO GAIN 1 LB PER WEEK: Add 500 calories to your DCR
   Example: 1,950 DCR + 500 calories = 2,450 Daily Calorie Target

   Note: 1 lb=3500 calories

Enter or change your Target in SET MY MIO (see Section H).

IMPORTANT: According to the World Health Organization Standard (WHO), the minimum DAILY CALORIE INTAKE is 1200 calories (kcal) for women and men. Your MIO will set your DAILY CALORIE TARGET to 1200 kcal automatically if your calculated DAILY CALORIE TARGET is less than the recommended minimum value.

Free! Motivational! Unlimited access!

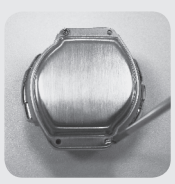
TRIUMPH includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data.
Set yourself challenges and use the support of our free personal trainers. Take advantage of everything MyMIO can do to help you achieve your health and wellness goals.

INCLUDES THE FAMOUS 3500 CALORIE CLUB™: BURN 3500 CALORIES, LOSE A POUND OF WEIGHT.

Visit mioglobal.com for more details.

L. **TO CHANGE MIO'S BATTERY**

Please see Warranty details regarding battery change. We recommend that your battery is changed by a jeweller / watch repair service center.



1. Take off the strap from the module.
2. Remove 4 screws from back plate.
3. Remove back plate. Notice the rubber gasket around edge of the case. If gasket comes out, handle carefully.
4. Remove the old battery. Place the new battery in with the positive (+) side facing out. Make sure the rubber gasket sits on the edge of the case properly.
5. Place the back plate and screw in the four screws.

WARRANTY AND REPAIRS CONTACT

Toll-free: **1-877-770-1116**
Fax: **1-309-689-6543**
www.mioglobal.com

MIO Watch Service Center
7501 N Harker Drive
Peoria, IL 61615

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service.

EU-DECLARATION OF CONFORMITY
Physi-Cal Enterprises Inc. declares this Finger Sense Heart Rate Watch (MIO Triumph) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

TRIUMPH SPECIFICATIONS

12/24 hr clock with **date** and **weekda**y
Daily alarm
Total Calorie Intake (Total In): **9999**
Calorie Expenditure (Burned): **9999**
Calorie Target (Target): **9999**
Exercise Timer Modes:
- **3 Basic** (Countup, Countdown & Stop, Countdown & Repeat)
- **1 Countdown+Countup Dual Timer** (Warm-up Timer)
- **1 Customizable Dual Interval** (Walk / Run)

Timer: **99 hours 59 minutes**
Max Heart Rate Percentage: **99%**
Max Readable Heart Rate: **230 BPM**
Min Readable Heart Rate: **40 BPM**
Heart Rate Recovery Interval: **1 minute**
Backlight: **5 second display**
Operating Temp: **0°C to 40°C**
Lens: **acrylic**
Watchcase: **ABS**
Caseback: **stainless steel**
Strap: **polyurethane**
Buckle: **stainless steel**
Battery: **lithium type CR2032**
Expected Battery Life: **1 year**

Made in China
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water Resistance

30 meters

Do not push buttons underwater

The Heart Rate Measure function is not intended for use or operation in or under water.

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET & WEBSITE IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSI-CAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE: RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN ECG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

LIMITED (ONE YEAR) WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. $12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.
YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: MIO WATCH SERVICE CENTER, 7501 N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1-877-770-1116 FAX 1-309-689-6543
NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.